

FAMILY TIES

MASSACHUSETTS NATIONAL GUARD

FAMILY PROGRAM

February 2013

Volume 60



2013 Massachusetts National Guard Tax Assistance Center

The Massachusetts National Guard is proud to offer another year of tax assistance in cooperation with the Internal Revenue Service's Volunteer Income Tax Assistance Program. Our MANG Tax Center opened for business at the end of January. All Active, Guard, & Reserve Service Members from all Military branches living in or are in a unit in Massachusetts and all Post 9/11 Veterans living in Massachusetts are eligible for this program. **Please go to www.massguard.org with your tax questions or to schedule a tax preparation appointment at any of these locations: Cape Cod, Chicopee, Devens, Milford, Reading, Wellesley, and Worcester.**



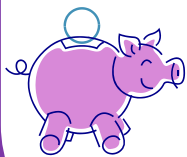
As always, we provide tax preparation for state and federal returns at no charge through IRS-certified volunteers and can transmit your tax return to the IRS and state electronically for a speedy refund. Family members who desire to file tax returns for their deployed spouses must fill out IRS Form 2848 and have the Servicemember sign the form, which can be found at www.irs.gov. Another great source for information is IRS Publication 3, the Armed Forces Tax Guide, also available through the MANG Tax Center and through the IRS website.

Tax code provisions directly affect Military members, and it pays - literally - to know them before you file. For more information contact the MANG Tax Center or the IRS.

Military OneSource Tax Services

Military OneSource is currently offering H&R Block At Home® Basic online tax filing plus tax consultations by phone for free to Active Duty, National Guard and Reserve Service members and their Families. The service allows you to complete and electronically file your federal and up to three state tax returns or filings for free. Your calculations are guaranteed to be 100% accurate or H&R Block pays the penalties and interest.

In addition to the free online filing, Military OneSource offers year round access to tax consultants who can help you and your Family find answers to your tax questions and maximize your refund. Military OneSource tax consultants can share information about the unique tax requirements and issues related to Military personnel and their Families; identify



applicable IRS and state tax regulations, definitions and forms; provide electronic copies of tax forms and help you understand how to complete them; and review options for using a refund, including options for using it to pay down debt. Please wait until this link is posted on Military OneSource on January 18th to access the customized product and create your account. Visit www.militaryonesource.com or call (800) 342-9647 for more details.

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Spotlight on Guard Volunteers!



2013 State Family Program Volunteer Workshop

Quiet on the set! Action! The Family Program Office is excited to announce that the 2013 Family Program Volunteers Workshop will be held in April. The dates of the Annual Training will be Friday, April 12 through Sunday, April 14, 2013. This year's training is themed "**Lights! Camera! Action! Spotlight on Guard Volunteers!**" The workshop will be held at the Southbridge Executive Management Training Center, located at 14 Mechanic Street, Southbridge, MA. This weekend training is designed to provide Family Readiness Group Lead Volunteers an opportunity to network with other Volunteers, learn the latest policies and procedures, as well as develop additional professional skills. This opportunity also gives the Family Program Office an opportunity to thank your dedicated and irreplaceable Volunteers. Keep a eye on your mailbox for your invitation and registration forms! If you are not currently a volunteer but are interested in becoming more involved with your Family Readiness Group, please feel free to contact Lisa Potito for more information on attending and becoming involved. Lisa can be reached by email at lisa.m.potito.ctr@mail.mil or by phone at (508) 233-7231.



FRG Spotlight

The **972 Military Police Family Readiness Group** (FRG) is very active. During this deployment Gina Gillman has enthusiastically led the FRG with the other members of the Leadership Team. Gina has been in the role as Chairperson for several years. Her husband and the **972 MP Co.** are currently deployed to Qatar. Gina takes pride in getting a monthly newsletter out to her families. Each newsletter includes a submission by the Commander, picture of FRG events and an informative column written by Gina. Gina is assisted by Callie Beaton as the Treasurer. Callie does a fantastic job getting her Treasurer's Reports to her FRSA when they are due. Rachel Lucas is the Youth Coordinator who enjoys providing activities for the children during FRG meetings. Dawn Tevepaugh is the Telephone Tree Coordinator for the Unit and is very busy organizing the phone tree for important calls, such as homecoming! Allison Sweeney is the Fundraising coordinator for the FRG. All of these women have done an amazing job with helping their FRG succeed. Some of the events that the FRG has had include a Message in the Bottle event where the Families of the **972 MP Co.** wrote messages, put them in bottles and then mailed all of the bottles to the Servicemembers. They also had a fun Halloween Bash, a Blanket Drive for Soldiers and a Care Package drive. If YOU would like to be a part of this incredible FRG Leadership team, please contact them at 972frg@gmail.com.



Family Readiness



Strength in Military Couples

Being part of a Military Couple is both an honor and a challenge. Military Couples are asked to persevere through many obstacles with resilience and independence. Many of these obstacles include spending time apart whether it



is for a drill weekend, a long distance deployment or school for training. With the amount of stress one faces going through these obstacles it is common to experience problems in relationships after a deployment. Relationship issues such as feeling emotionally disconnected or struggling with conflict are normal. Returning to civilian life as a Couple or Family is a major adjustment and finding a new balance

will take time. We encourage our Families to participate in the Strong Bonds program. Strong Bonds is a chaplain led program which builds relationship resiliency with the mission being to increase Soldier and Family readiness through relationship education and skills training. For more information on upcoming dates and how to register please go to Page 10 of this month's Family Ties Newsletter.



FAMILY READINESS SUPPORT ASSISTANTS

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TANYA PEREIRA

79th Troop Command Family
Readiness Support Assistant
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tanya.l.pereira.ctr@mail.mil

Fun Activities for February Vacation

Discovery Museum in Acton offers a Military Discount everyday! Valid military ID must be presented. This discount will cover the Servicemember and up to three dependents. This is a fun & educational way to beat "Cabin Fever" during the week of February vacation! Check out their website at <http://www.discoverymuseums.org/>.

Visit your local library for free or really reduced tickets to New England's most popular museums and attractions including The Museum of Science, NE Aquarium, Zoos, and many more! Note: Most of these Museums offer some kind of military discount with valid ID, so if you could not obtain a discount library pass, it is encouraged you call to verify and try that route.



Upcoming Volunteer Leadership Training

Date to be determined

The 272 Chem. Co. FRG will be participating in Leadership Training in February at the Camp Curtis Guild Armory. Interested in attending a future Leadership Training? Please email Lisa Potito at lisa.m.potito.ctr@mail.mil.





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YOUTH COORDINATOR

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SUSAN LAFLAME
YOUTH COORDINATOR

Susan.l.laflame.ctr@us.army.mil
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The National Guard Teen Council



The Teen Council members volunteered at two events during the second weekend in January: a Post-Mobilization Yellow Ribbon as well as a Family Readiness Check.

The 182 Sappers youth spent an exciting day building roller coasters for marbles. The room was covered with track contorted around obstacles and 360 degree loops. There were even points where the marbles were airborne! The two teams each constructed a unique coaster to the delight of both the children as well as adult visitors. Following this activity, the group divided into three teams who then went on a photo quest throughout the facility. It was a lot of fun trying to find items and people who represented different concepts such as "friendship" in addition to different letters of the alphabet. Thanks so much to Stephanie and Clare for leading the group! The day ended with dinner highlighted by the First Sergeant and Commander presenting each child with their very own Youth Service Medal. Well done, Sappers Youth. We applaud your resiliency!

On the following day, there was a small group of 188 EN youth who gathered for the final family briefing prior to deployment. Teen Council Member Justin was on hand along with Hannah to interact with the children in games and poster making. To finish off the afternoon, all children in attendance were presented with Hero Packs.



Free Tickets to Anheuser-Busch Theme Parks Continues for Military and Dependents in 2013

Throughout 2013 any active duty, activated or drilling reservist, or National Guardsman is entitled to a free one time admission at either SeaWorld®, Busch Gardens®, Adventure Island®, Water Country USA®, and Sesame Place® for military personnel and as many as three direct dependents.



Month of the Military Child



We are starting to collect the names of all Military Youth who would like to receive a certificate honoring them during April, the Month of the Military Child. This is for **ALL** National Guard children regardless of deployment status. If you are interested, please send your child's name, mailing address, service member name, and unit affiliation to MassNGYouth@aol.com before **March 31, 2013**.



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OPERATION MILITARY KID CLUB SPONSORED

APRIL VACATION HORSE CAMP

What: Horse Camp for children

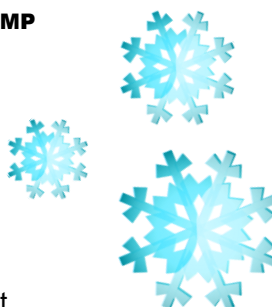
Where: Camp Marshall

When : April 15th - 19th

Cost: Free for Military children age 7 & up

How to register and for more details:

Contact Kim Pond, OMK Coordinator by email at Kima@umext.umass.edu or call 508-831-1223 x 245



Please check out The Armed Services YMCA 2013 Essay Contest and the 2013 Art Contest. Prizes awarded include iPod Touch and iPADS!

ARMED SERVICE YMCA ESSAY CONTEST

What: Essay Contest // Win an IPAD

Deadline: March 5th

Age Groups: Grade 1-8 and 9-12

Theme: My Military Hero / 300-500 words

For more details & to enter: www.asymca.org



ARMED SERVICE YMCA ART CONTEST

What: Art Contest // Win an IPAD

Deadline: February 15th

Age Groups: Grade 1-8 and 9-12

Theme: My Military Family

For more details & to enter: www.asymca.org

If you have any questions/concerns, please feel free to contact the MANG Child and Youth and Youth Program. MANGYouth@aol.com or call 888-301-3103 Ext #7290 or Ext #7952.

Our Military Kids (www.ourmilitarykids.org) wants to help your family through this deployment. If you have a child ages 3 to 18 whose parent is currently deployed overseas with the National Guard or Reserves, your child is eligible for a grant. The grants, which can be up to \$500, will pay for up to six months of an extracurricular activity of your choice. The process is simple. Visit our website and select the appropriate one-page application.



Get homework and studying help from a professional tutor any time you need it. **FREE** for students in Army, Navy, Air Force, Marines, National Guard and Reserve families. Expert tutors are online 24/7 and available to help in more than 16 subjects, including test prep, proofreading, Math, Science, English and Social Studies. Visit <http://www.tutor.com/military> today!



Be sure to check out the webinar on February 5th or Feb. 12th - **Webinar: How to use Tutor.com for U.S. Military Families.** <http://www.tutor.com/military/spread-the-word>

What's Happening Around the State

Hanscom Family Assistance - Charlie Pinder

The Hanscom FAC and the Military One Source Representative invite you to attend a Virtual Meeting on February 21, 2013 from 7-8 PM. You can join in by phone or log in on your computer. By computer: <https://www2.gotomeeting.com/join/703197570>. By phone: dial 1 312-878-3080. Enter access code: 703-197-570. A notice was mailed out in January to Families and Servicemembers. If you wish to discuss a specific item contact the Hanscom FAC.

Just a reminder for those with kids, you can use "Our Military Kids" to get a \$500 grant for "after school" activities. You go into the website "ourmilitarykids.org" and click on the wounded warrior icon on the right side. Also, for E-7's and below, you can apply for a \$200 grant through the Military Friends Foundation at: <http://www.militaryfriends.org/> and click on the program icon and then the Massachusetts cares icon and follow the instructions.



Camp Edwards Family Assistance -George Pontes

The **181st Vertical Engineers** are fast approaching the halfway mark in their deployment and plans are being made for a Mid-Deployment briefing in March. The next scheduled meeting will be held at Camp Edwards on March 23rd. A combined informational briefing and Family activity will be held at the Welcome Center, the same location we held the successful Holiday Party in December. Several Families have shared some financial and emotional challenges since the Holiday season began so it seems appropriate to remind everyone that there are a number of programs in place to help you with different issues throughout the deployment. Please call the Camp Edwards FAC to discuss the best way to approach a solution to whatever issue you might be facing. If you need further details or have any questions during the deployment please contact the Camp Edwards FAC. You can also contact one of the Family Readiness Group leaders at dee1992@aol.com or Terri.lynn@me.com.

FAC Quick Finder

Stephanie Winslow

Worcester Family Assistance
508-753-3164

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Charlie Pinder

Hanscom Family Assistance
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George Pontes

Camp Edwards Family Assistance
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Bethany Pinard

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Wellesley Family Assistance
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Jennifer Remillard

Springfield Family Assistance
508-233-7950

jennifer.m.remillard.ctr@mail.mil

Worcester Family Assistance - Stephanie Winslow

D Co 223 MI had their Mid Deployment brief last month, if you weren't able to attend please contact Stephanie Winslow at (508) 753-3164 or stephanie.a.winslow.ctr@mail.mil. I would be happy to fill you in on topics covered and discuss with you how these last few months have been. The FRG is trying to plan a trip to Mohegan or Foxwoods with a local American Legion or VFW post. No date has been set yet! They are trying to think of other interesting adult-type events for the cold months. If you have any "big kid" ideas for fun events in your neighborhood, please let them know! To join the FRG email list and stay in touch please email Kelly Durkee at kelly.durkee.erwin@gmail.com.

Stay tuned each month to hear about the comings and goings of Military Culture around Central Massachusetts. Stay Warm!

What's Happening Around the State (cont.)



Good Bye and Good Luck, Courtney!

The MA NG Family Program would like to thank Courtney Edwards for her service as the Wellesley Family Assistance Center Specialist. Courtney has left this position to pursue her social work degree licensing with the VA and though she will be missed we wish her all the best!

Wellesley Family Assistance -

The 972MP deployment is moving toward the final months. On Saturday, February 2nd, the Wellesley FAC hosted a 972nd MP Family & Friends Health and Wellness event with the HomeBase Program to address any questions or concerns that families may have at this stage of the deployment. Kathy Clair-Hayes and Jacque Francona joined the Families to discuss the differences of this deployment from past deployments and the successes and challenges they are experiencing. If you would like to have an opportunity to speak with anyone at HomeBase, please give the Wellesley FAC a call at 508-233-7221 or email Tanya at Tanya.M.Rioux.ctr@mail.mil. The FRG is planning upcoming events and would love your ideas and participation. For more information on how to be involved, send an email to 972FRG@gmail.com.

Springfield Family Assistance — Jennifer Remillard

It's the second month of the New Year. How are you doing on keeping your New Year's Resolutions? Did you know becoming organized ranked among the top 10 most popular Resolutions? Here are some great tips from *Women's Day Magazine* to help keep your house organized:

- Spaghetti sauce jars can corral everything from makeup brushes to office supplies.
- Wrap shoeboxes in pretty paper to contain loose items in your closet, pantry or even your fridge.
- Cut off the bottom 2 inches of cereal boxes to make your own drawer organizers for kitchen utensils or toiletries.
- Put a different color toilet paper than usual behind your stash of regular rolls. When a colored roll ends up on the spool, it's time to buy more.
- Put wastebaskets in every room.
- Whenever you run across anything empty, ripped, the wrong size or never used, immediately toss it in the trash or a charity box.



Taunton Family Assistance — Bethany Pinard

The service members of the **188 EN DET** are gearing up for their February deployment. The Unit is holding their send-off ceremony on February 10th at Faneuil Hall. As the deployment gets underway, Families should expect to begin receiving monthly morale calls and informational emails from the FAC. If you would like to be put on the email roster, please contact the Bethany Pinard at (508) 822-6024. You may also reach out to her regarding any questions or concerns that may arise at anytime during the deployment. If you have an emergency and it is after business hours, please call (781) 552-0931. We wish the soldiers of the **188 EN DET** a safe, successful deployment and a quick return.

Veterans Collaborative

The Veteran's Transition House in New Bedford will be facilitating a community discussion about issues Veterans face within the South Coast area. Veterans and their Families are invited to talk about the issues they face and how the community can best meet their needs. Veterans of Operation Iraqi Freedom and Operation Enduring Freedom are especially encouraged to participate in this discussion. If you know a Veteran of any era and would like more information, please contact the Taunton FAC. The Collaborative will be held on Sunday, February 17 from 2:00 - 4:00pm at the UMASS Dartmouth University Art Gallery, 715 Purchase Street, New Bedford, MA 02740.

Airmen & Family Readiness Programs

Welcome to the New

104th Fighter Wing Family Program Coordinator!

Jennifer Cesaitis is a National Guard spouse; her husband has served in the Army for over 20 years and has deployed four times since 9/11. Jennifer volunteered with the National Guard Family Readiness Group through two of these deployments and eventually came to work as a contractor for the National Guard in 2004. After developing the State Youth Program for the National Guard, she began working as the Family Assistance Center Coordinator in Worcester, MA in 2007. Following her work with numerous Army National Guard deployments she assumed the position of Communications and Marketing POC for the State Family Program office managing social media and marketing projects. Jennifer's own personal life as a Military Spouse has greatly influenced her work with volunteers, Servicemembers and Military Families; and will continue to do so in her new position as Airmen & Family Readiness Program Manager for the 104th Fighter Wing at Barnes ANGB.



104th Fighter Wing—Barnes ANGB

Jennifer Cesaitis, Wing Family Program Coordinator



FEBRUARY VACATION KIDS BOWLING

What: Children's Bowling

Date: During Feb Vacation (but TBD)

Ages: 5-15

RSVPs will be Required

Cost: TBD (expected to be \$5-\$8 per child)

How to register and for more details: Email the Family Readiness Group at 104fwfrg@gmail.com



FAMILY READINESS GROUP EASTER EGG HUNT

What: Easter Party

Where: NCO Club

When : March 24 at 1300—1600

For more details, and to **RSVP** email the Family Readiness Group at 104fwfrg@gmail.com



102nd Intelligence Wing (102IW)

Erin Creighton, Wing Family Program Coordinator

4-H Babysitting Course

Air Station Cape Cod - Otis ANG Base

@ Crosswinds

Tuesday, February 19, 2013 from 9:00 a.m. - 4:00 p.m.

Pre-register by Wednesday, February 13, 2013

Participants should bring a bag lunch, drink and a snack.



Learn to become a responsible babysitter. By taking this course instructed by Deena Dries, 4-H Program Associate, you will learn about: Child Safety, First Aid & Emergencies, Feeding, Stages of Child Development, Discipline, Entertaining and the Business of Babysitting. Participants must be 11 years or older. The program is FREE for Military Families. Upon successful completion of this course you will receive Certificates and I.D. Cards.

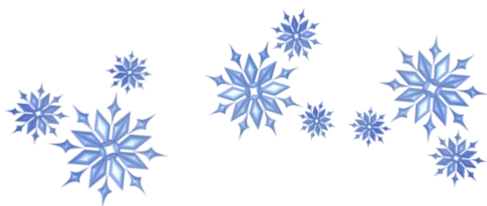
To register contact: Cindy Leblanc at (508) 968-6446 or email registration information to candace.c.leblanc.uscg.mil. Class size is limited to 15 ~ Pre-registration is required!

For more information on this or any other Barnstable County 4-H program, contact Judy Vollmer at






(508) 375-6696 or jvollmer@barnstablecounty.org.

Schedule of Events February 2013

- **2 Feb** - Groundhog Day
- **2 Feb** - 972MP Health & Wellness Event
- **10 Feb** - 188 ENG Send-off Ceremony
- **10 Feb** - Thanks to Yanks Magic Show
- **12 Feb** - Abraham Lincoln's Birthday
- **12 Feb** - Fat Tuesday/Mardi Gras
- **13 Feb** - Ash Wednesday
- **14 Feb** - Valentine's Day
- **15 Feb** - Deadline for ASYMCE Art Contest
- **15-17 Feb** - Strong Bonds weekend
- **17 Feb** - Veteran's Collaborative
- **18 Feb** - President's Day
- **19 Feb** - 4H Babysitting Course
- **21 Feb** - Military OneSource Virtual Meeting
- **22 Feb** - George Washington's Birthday
- **28 Feb** - Registration Deadline State Workshop



FEBRUARY 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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3	4	5	6	7	8	9
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17	18 	19	20	21	22	23
24	25	26	27	28		

For more information on any of the listed events, please contact your local Family Assistance Specialist!

MARCH 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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10 	11	12	13	14	15	16 
17 	18	19	20	21	22 	23
24	25	26	27	28	29	30
31 						

Plan Ahead! Schedule of Events March 2013

- **1 Mar** - Peanut Butter Lover's Day
- **2 Mar** - Read Across America Day
- **4 Mar** - Hug a GI Day
- **8-10 Mar** - Project New Hope Male Veterans Retreat
- **10 Mar** - Daylight Savings Time Begins
- **15-17 Mar** - Strong Bonds weekend
- **17 Mar** - St. Patrick's Day
- **21 Mar** - First Day of Spring
- **23rd Mar** - 181 Vertical ENG FRG Meeting
- **25th Mar** - Passover Begins
- **31st Mar** - Easter Sunday

DEERS & TRICARE INFORMATION



TRICARE Dental Program (TDP)



MetLife became the provider for the TriCare Dental Program as of May 1, 2012.

TDP Benefits that MetLife is currently offering include:

- Competitively priced premiums*
- No annual deductible
- Worldwide coverage
- No out-of-pocket costs when visiting a MetLife Network dentist for preventative and diagnostic care
- Coverage includes sealants, restorations, endodontics, periodontics, implants, and orthodontics
- 24-hour Customer Service Sunday 6:00 p.m. - Friday 10:00 p.m.

Family members of active duty service members (ADSMs) and National Guard and Reserve Members and their families are eligible to enroll in the TDP+:

For enrollment or eligibility details visit

www.metlife.com/tricare

*Premiums vary based on military status (e.g. active duty, Selected Reserve of the Ready Reserve or Individual Ready Reserve)

+ Eligibility—Family members of “ADSMs” include spouses and unmarried children until reaching age 21 (23 for full time students at approved institutions of higher learning or certain children with disabilities)

Like most group benefit programs, benefit programs offered by MetLife contain certain exclusions, waiting periods, reductions, limitations, and terms for keeping them in force. Ask your Dental Benefit Adviser for costs and complete details. Metropolitan Life Insurance Company, New York, NY.

Marriage Enrichment (Strong Bonds) WORKSHOP: The PREP® Approach

The Strong Bonds program is designed to increase individual Soldier, Airmen and Family Member readiness through relationship education and skills training. Take advantage of one of the Army's premier opportunities for National Guard Families.



COME JOIN OUR NEXT EVENTS!
February 15-17, 2013 - Sturbridge Host Hotel, Sturbridge, MA
&
March 15-17, 2012
 Location TBD

Learn to develop a healthy and lasting marriage

Tricks for keeping the fun in the marriage

The Strong Bond Weekend includes:

Lodging, Reception and Appetizers Friday Night, Breakfast & Lunch on Saturday, Breakfast on Sunday

Please contact Dawn Wetherbee at (781) 570-1906 or dawn.e.wetherbee.mil@mail.mil.





BRING YOUR RESUME & ATTEND ONE OF OUR SESSIONS!

Quality & Productivity Solutions, Inc.

www.qpsinc.com

QPS is New England's premier staffing firm providing Temp, Temp to hire and Direct Hire placements. We match quality candidates with progressive and dynamic companies in the United States. At QPS, our philosophy is to simplify the career pursuit and transition. Our experienced and compassionate consultants conduct customized career services for corporations and individuals by providing skilled professionals to meet unique hiring requirements and work place environment. We provide one on one support and enthusiastic guidance with cutting edge expertise to individuals in their quest for a career. Our consultants are dedicated in helping you positively move forward and pursue your path to success.

Location: Quality & Productivity Solutions, Inc.
225 Cedar Hill Street
Marlborough, MA 01752

Dates & Times: February 18, 2013, 5pm - 7pm
March 4, 2013, 5pm - 7pm
April 1, 2013, 5pm - 7pm
May 6, 2013, 5 pm- 7pm

Jobs

Technicians, Inspectors & Supervisors
Customer Service Analysts
IT Professionals
Software Professionals
Director of Procurement
Senior Quality Engineer - Quality Control
Industrial Engineer
Operations Engineer
Lean Project Manager
Sr Design Quality Engineer - Medical Devices
Quality Engineer
Quality Assurance Manager / Supervisor
Quality Systems Manager
Packaging Quality Engineer
Healthcare Quality Engineer
Metrologist / Calibration Lab Supervisor

Director of Manufacturing Engineers
Design Assurance Engineer
Director of Total Quality Management
Sourcing Specialist - Research Outsourcing
Procurement
Director, Strategic Sourcing,
Director, Supply Chain
Buyer / Planner
Sr Quality Systems Engineer
Contract Manufacturing Commodity Manager
Product Engineer - Informatics
Engagement Leader
Principal Project Manager
Project Manager Senior
Lean / Six Sigma Engineer
+ more!



Massachusetts ESGR

Ellie Cash, Program Support Specialist
50 Maple Street
Milford, MA

508-233-7249 Direct
256-7249 DSN
888-301-3103 x 7249 Toll Free
Eleanor.j.cash.ctr@us.army.mil



Massachusetts ESGR has consistent job opening and career fair announcements!

Visit <http://maesgr.com/> for the latest information.

Advanced CNC Skills Training

Are you looking for a new career or to update your current skills? The MassMEP's Critical Occupational Readiness Skills Training, WPI's Hass Technical Education Center & Worcester Technical High School are sponsoring an Advanced CNC Skills Training beginning March 4th - April 26, 2013. Learn CNC, Milling, Turning, Blueprint Reading, Metrology & MasterCAM. The Orientation Meeting will take place on February 1 at 9:00 a.m. in Leominster. To register call (978) 534-1481.

Requirements:

- High School Diploma or GED
- Complete an application & a reading and math skills assessment
- Have some technical aptitude
- Pass a drug screening
- Pass a background check
- Show evidence of employability

Funded by The Massachusetts More Skilled Worker's Program by a grant awarded by the U.S. Department of Labor's Employment & Training Administration.

Veterans CNC Machine Operator Training

Are you interested in learning CNC, Milling, Turning, Blueprint Reading, & Metrology? Attend one of the following mandatory Orientation Meetings at Shawsheen Valley Tech on either February 19th or 21st or at the Lowell Career Center on February 20th. Training will take place March 18-28, 2013 for a total of 80 hours of class time over 2 weeks. To register please call John Stepaniak, Career Center of Lowell, at (978) 805-4724.

Requirements:

- Complete a registration form
- Have some mechanical aptitude & show evidence of employability
- Complete a reading & math skills assessment
- Pass a drug screening

Federal Employment Workshop

Sign up to attend a Federal Employment Workshop on Friday, February 8th from 11:00 a.m. to 3:00 p.m. at the JobNet Career Center, 210 South Street, Boston, MA. Upon the completion of this workshop you will have the knowledge to:

- Find and apply for Federal jobs
- How to answer the new questionnaire and KSA's on the www.USAJOBS.gov website.
- How to analyze Federal vacancy announcements to be included in the best qualified applicant group.
- How to use a checklist to assure submission of a complete application.

For more information and to register, please call the JobNet Career Center at (617) 338-0809

Federal Job Search Tips

This workshop will be held at the Plymouth Career Center on Thursday, February 21, 2013 from 10:00 A.M. to 12:00 P.M. Learn how to navigate www.USAJOBS.gov and how to apply for the posted job opportunities. The instructors, Bill Sweeney & Bill Tyminski, will provide you with a detailed breakdown of what to look for "TIPS"! You must be a member of the Career Center System in order to attend. Please arrive 10 minutes prior to the start time then check in at the Reception Desk. Please register for this workshop with your Job Specialist, at our Reception Desk, or call 508-732-5300.

A special invitation goes out to our Military Veterans!

Massachusetts ESGR

Ellie Cash, Program Support Specialist
50 Maple Street
Milford, MA

508-233-7249 Direct
256-7249 DSN
888-301-3103 x 7249 Toll Free



Massachusetts ESGR has consistent job opening and career fair announcements!

Visit <http://maesgr.com/> for the latest information.



Volunteer Training Team

“By Volunteers - For Volunteers”

FEBRUARY 2013

Volunteer Management (VM)

FRG Newsletters, E-Mail and Announcements Etiquette

Please register using the following links. (Or you may cut & paste entire link into browser)

Session 2

February 12th 10:00 AM – 11:00 AM, Eastern

<https://www2.gotomeeting.com/register/271505546>

February 14th 9:00 PM – 10:00 PM, Eastern

<https://www2.gotomeeting.com/register/431773842>



This is a Voice over “Internet” (VoIP) session, please use where possible. Follow prompts post login. Speakers for sound are required and microphone (optional) to participate in the conversations. If you do not have a microphone and want to be able to speak, please use the toll free line: (877) 380-7755 - access code: 4665215. For further information, please contact Judith.I.wolf2.mil@mail.mil (703) 607-5309 or tammychase.vtt@gmail.com.

After registering you will receive a confirmation email containing information about joining the Webinar. Upon joining the webinar, you will not be able to hear the sound through your computer. You will have to call the phone number provide in the registration.

System Requirements: PC-based attendees, Required: Windows® 2000, XP Home, CP Pro, 2003 Server, Vista. Macintosh®-based attendees, Required: Mac OS® X10.4 (Tiger®) or newer.



PROJECT NEW HOPE



Male Veterans Retreat for Military Personnel

(including Active Duty, Reserve, National Guard, IPR and Retirees)

MARCH 8-10, 2013

Camp Wightman

Griswold, CT

We realize the process of healing and understanding is a vital component to a successful life after battle and Military service. Each Servicemember will have to deal with their own set of battle scars. Returning Soldiers face the challenge of transition from war footing, to civilian home life. Often it can seem as though they're in it alone, as though people expect them to pick up where they'd been seen, as though nothing had changed during their time away. With this weekend retreat, the veteran will have access to mental health workshops and holistic treatments and resources, access to Federal & State resources for dissemination of entitled veteran services and benefits, for involvement within their community through other activities, to develop a network of peers and for their personal healing and growth. Eat plenty of good food, and build great memories, all while having fun in the process! This program includes room and board, is available at **no cost** to qualified combat veterans or active duty members of the Military. Activities include: Acupuncture, Camp Fires, Mindfulness Meditation, Movies, Non-Denominational Religious Service, Nutrition, Reiki, & Yoga.



**Deadline to Register is
February 22, 2013**



Project New Hope Inc.
P.O. Box 91
Leicester, MA 01524
(508) 713-3362

Thanks To Yanks-Annual Tribute to Military Families

Honoring the families and children of those who selflessly answer the "Call of Duty."



FREE MAGIC SHOW

Featuring Tommy James

Sunday: February 10th, 2013
Time: 1:15 - 2:00 PM (Magic Show)
Doors open at 12:45 PM
Stacy Middle School Auditorium
66 School Street Milford, MA 01757



If possible bring in an item(s), that we will send to support our troops. For a list of items please visit www.uxbridgesupportsourtroops.org/donate. While tickets are free, seating is limited and must be reserved, by noon, 02/08/2013. To reserve your FREE tickets email requests to mshain@charlesriverbank.com with the number of tickets needed. You will receive a confirmation email.

Special thanks to Charles River Bank, Military Friends Foundation, Milford Junior Women's Club & WMRC Radio for their generous support.

Please call Michael Shain at 508-330-8487 with questions or visit www.thankstoyanks.org. For an update regarding a weather cancellation visit Thanks To Yanks on Facebook or on the web. By 11:00am, the day of the show.



**Military Save Up to \$20 on
Ski Lift Tickets Saturdays, Sundays and
Midweek Holiday Periods.
Military Also Save on Ski or Snowboard
Rentals & Lessons.**

SATURDAY & HOLIDAY LIFT TICKETS valid:
12/24-1/1/2013 & 2/19-24/2013 (Save \$15-\$20) NOT
Valid on these 6 Holiday dates: 1/19-21/2013 &
2/16-18/2013. Cost: \$40

WEEKEND SUNDAY SKI LIFT TICKETS:
Valid Non-holiday Sunday (Save \$20) valid. Cost:
\$35

CHILD SKI LIFT TICKET - 6 & under - Weekends &
some holidays see below (Save \$5). Cost: \$15

RENTAL - Ski or Snowboard Equipment (Save \$10)
Cost: \$25

RENTAL - Ski or Snowboard Equipment - child 6 &
under (Save \$5) - Cost: \$15

RENTAL Helmet (Save \$2) Cost: \$10

GROUP Ski or Snowboard LESSONS (Save \$20)
available at 10:30 am or 2 pm - Cost: \$20

Discounts available most Saturdays, Sundays and
Midweek holidays. NO DISCOUNTS ON 3-day MLK
(1/19 - 1/21/2013) & Presidents weekend
(2/16 - 2/18/2013). To Receive these
special discount ski rates which are designed to thank
those who serve our country and communities: Proceed
directly to the Group Booth at Ski Butternut and
present a valid MILITARY ID from 8 a.m. - 12:00 Noon.
Cash and major credit cards are accepted,
no personal checks please!

MILITARY FAMILY BONUS
Discounted SKI Lift Ticket, Ski and Snowboard Rentals and
Ski or Snowboard Lesson rates shown above apply to your
immediate family too. YES Military Family members
(Husband Wife Kids) will receive these highly discounted
rates. Thank you for your dedication and service!
Not valid in conjunction with any other discounts.



**CHANGES for Run/Walk to Home
Base Military Discount**

"Due to our immense respect for all our
service members, we are altering our policy
for the special military registrations and extending the application
to all current members of the National Guard and Reserves. We
welcome applications from all current service members and
appreciate your service."

Current Military: Apply now for a special Military Discount to
participate in the 2013 Run-Walk to Home Base with NO
fundraising requirement. Please note the no fundraising
requirement option is AVAILABLE TO CURRENT MILITARY
including NATIONAL GUARD AND RESERVES. To apply,
please complete the online form in its entirety with required
attachments. Military verification is required. Prior to submitting,
please upload your current orders, or a letter from your
commanding officer on official stationery that verifies your current
status.

While Military Members that receive a Military entry are not
required to fundraise, all participants will automatically
receive a personal fundraising page to fundraise if they choose.
We suggest a fundraising goal of at least \$250. There are 500
Military registrations with NO FUNDRAISING REQUIREMENTS
available.

They will be filled on a first-come, first-serve basis. If you are
unable to submit your application and verification online, you can
download the application and fax to 617-726-7661. Please fax
both your application and your verification of status.
<http://www.runtohomebase.org/run>.

**Westover & Barnes Military
Night With The Falcons!**

Saturday, March 2



VS.

7:00 pm



**All tickets just \$9 in advance
to all Military members.**

To purchase tickets, please contact:
Allan Tracy, Pioneer Valley USO
(413) 557-3290 or allan.tracy@us.af.mil

Deadline to order: Wednesday, February 27

188 ENG Family Readiness Check



182nd ENG Yellow Ribbon



FEBRUARY 2013

**MASACHUSETTS
NATIONAL GUARD
FAMILY PROGRAM OFFICE**

**Find Family Program
on Facebook!**



**Email or write to us.
Your opinions matter!**

Helpful Websites

American Red Cross

www.redcross.org

Concordia Dental Plan

www.ucci.com

DEERS

www.tricare.osd.mil/deers/

EANGUS

www.eangus.org

ESGR

www.esgr.org

Guard Support of MA

www.guardsupport.org

Legal Services

www.jagcnet.army.mil/legal

Military Friends Foundation

www.militaryfriends.org

Military Child Care

www.naccrra.org

Military One Source

www.militaryonesource.com

NGB Family Online Community

www.guardfamily.org

Operation Military Kids

www.operationmilitarykids.org

Tri-Care Information

www.tricare.osd.mil

USFamily Health Plan

www.usfamilyhealth.org

Veterans Affairs

www.va.gov

Veterans Affairs Kids K-12

www.va.gov/kids

Youth Online Community

www.guardfamilyyouth.org

MANG Family Program

<http://www.massguardfamily.org>

Important Numbers

Taunton Armory

111 Hon. Gordon Owen Riverway, Taunton, MA 02780

Tel# 508-822-6024 Fax# 508-822-0263

Springfield Armory

1505 Roosevelt Avenue, Springfield, MA 01109

Tel# 508-233-7950 Fax# 508-233-7975

Wellesley Armory

14 Minuteman Lane, Wellesley, MA 02481

Tel# 508-233-7221 Fax# 508-233-7232

102D Intelligence Wing (102IW) Family Program Office

Otis Air National Guard Base

58 Reilly St, Box 70 Otis ANG Base, MA 02542

Tel# 508-968-4855

Camp Edwards Armory

102 General's Blvd, Camp Edwards, MA 02542

Tel# 508-823-0891

Worcester Armory

50 Skyline Drive, Worcester, MA 01605

Tel# 508-753-3164 Fax# 508-753-3165

Hanscom Joint Force Headquarters

2 Randolph Rd, Hanscom AFB 01731

Tel# 339-202-3147 Fax# 508-233-6774

104th FW Family Program Office

Barnes Air National Guard Base

175 Falcon Drive, Westfield, MA 01085

Tel# 413-568-9151 Ext#6981183